

African-American Women's Health Awareness Program—FREE

Join us for a Health Awareness Session focused on health conditions common in African-American Women. African-Americans have the largest differences in health risks when compared to other minority groups and women suffer disproportionately from diseases and conditions that have been deemed preventable, treatable and /or curable if diagnosed by simple, widely available screening tests. Treatable conditions such as heart disease, high blood pressure, diabetes and high cholesterol in African-American women are not diagnosed at an early stage when they are most treatable. Knowing your risks gives you power. Know what questions to ask your doctor and what tests to ask about. You'll also learn about behaviors to avoid, as well as lifestyle changes to improve your health.

Date: Saturday, April 5, 2014

Time: 8:30 a.m. to 12 noon
[***Health assessments and
blood pressure screenings
available from 8:00 – 8:30 a.m.]

Location: Abington Memorial Hospital
Frobese Conference Center

To Register: 215-481-2204 or
www.abingtonhealth.org